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COVID-19 Adaptation

*Due to Covid-19, I have initiated teletherapy as the means to provide this intervention. In order to avoid traveling to NY, check your state's current policy on teletherapy and approving out-of-state licensed clinicians to provide treatment in your state. If your state's emergency policy permits, it will be possible for you to stay local to participate in the intervention. Review the attached list of the 50 States' Executive Orders regarding emergency executive orders on this. You should call your state's mental health licensing boards to obtain their **current** policy on teletherapy and granting a temporary license to out-of-state licensed clinicians.*

Sample 4-day Treatment Protocol

Table 1 Summary by Day

Day 1	Day 2	Day 3	Day 4
1. Alienated parent either arrives with custody of child or receives custody of child from alienating parent (AP) at TPFF. Parents exchange civil hellos.	1. Alienated parent, child, and other participating persons selected by the alienated parent arrive at TPFF.	1. Alienated parent, child, and other participating persons arrive at TPFF.	1. Alienated parent, child, and other participating persons arrive at TPFF.
2. If AP's letter to child has been previously approved by TPFF, the letter is read aloud by AP to child in the presence of alienated parent and TPFF therapist. (letter	2. Feedback elicited about evenings' events. 3. Various videos are shown that dramatize the family interactions occurring in alienation.	2. Feedback is elicited about the evening's events and reactions to Day 2's therapy. 3. Clarification of the family history continues.	2. Feedback is elicited about the evening's events and reactions to Day 3's therapy. 3. Discussion of life with alienated parent for a period of time after departing TPFF.

must state that AP supports the reunification and *why*; must state what parental qualities the alienated parent has; and must state why it is important for the child for the alienated parent to meaningfully involved in child's life.	4. Discussion of the events depicted in the videos that may pertain to the family.	4. Playing short videos on how the brain stores memories, the fallibility of human memory, and the ease of planting false memories.	4. Rules the child will live by are discussed with input from child commensurate with age.
3. Alienating parent departs promptly after transition and or letter reading.	5. Alienated parent displays appropriate affective in reaction to the videos' dramatization of the dynamic of alienation.	5. Discussion of the videos and any relevancy to the family.	5. TPFF therapist summarizes the course of the therapy.
4. Extended family and significant others of alienated parent may also be in attendance.	6. Correction of the Revisionist Family history by the alienated parent.	6. Child is absolved of having maltreated alienated parent but must behave respectfully and act age-appropriately going forward.	6. Clarification commensurate with child's age is provided as to when and under what circumstances the child will have contact with the alienating parent.
5. Introductions	7. Alienated parent sensitively corrects child's revisionist history without pathologizing the alienating parent.	7. Child is assuaged of guilt for having maltreated a parent.	7. Questions from child are entertained with alienated parent providing answers.
6. Clarification of Program's purpose and goals.	8. The child is receptive to hearing the alienated parent's side of the family history.	8. Lunch.	8. Lunch.
7. Eliciting of questions to clarify any confusion. No-contact period explained	9. Discussion of family history between child, alienated parent, and any participating extended family	9. Afternoon activity.	9. Afternoon activity.
8. Use of videos, photos, and other memorabilia indicative of the alienated parent-child relationship prior to the onset of the alienation to create a symbolic-experiential intervention.	10. The child generally does not change the programmed script. But the child's behavior and affect confirm positive changes and a restructuring of	10. TPFF therapist takes leave at dinnertime. Family is instructed to continue enacting their roles with each other.	10. Emotional goodbyes exchanged at end of activity.
9. Child becomes "hypnotized" by the stroll down memory lane via the memorabilia.		11. TPFF therapist calls alienating parent to update and inquire about parent's progress towards goals.	11. TPFF contacts alienating parent to update on child and sum up goals.
			12. TPFF therapist affirms her commitment to collaborate with the local therapists and to be available to the family as needed.

10. Child's resistance to parent is diminishing.	beliefs, myths, and feelings.		
11. TPFF therapist elevates alienated parent into role of co-therapist.	11. Lunch.		
12. Alienated parent assumes the role of healer of the child.	12. Afternoon activity. Alienated parent and child are affectively connected. They have resumed their roles prior to the onset of the alienation.		
13. Affective reactions by all are evident.			
14. Child's resistance to and defiance of the alienated parent has almost always been markedly diminished.	13. TPFF therapist takes leave of the family at dinnertime. Reconnection is sufficiently stable for them to discuss any issue that arises.		
15. Child accepts alienated parent's parental role and authority.	14. TPFF therapist calls alienating parent to update parent on child's adjustment and discuss efforts at securing needed services and letter correction, if applicable.		
16. Lunch.			
17. Afternoon activity. Alienated parent is fully in charge of child, who is cooperative.			
18. Alienated parent assumes parental role over child during the activity: as nurturer, supporter, advocate, supervisor.			
19. Close of Day 1: counsel not to discuss anything controversial stay positive.			
20. Family retires to their accommodations.			
21. TPFF therapist calls alienating			

parent to assure parent of child's adjustment. TPFF therapist discusses AP's need for services, such as individual therapy. If TPFF had not approved the AP's letter to child, needed changes are discussed.			

Table 2

Travel to TPFF: 73 children

With alienating parent: 6	By car: 1	By plane: 5	**Teletherapy**
With alienated parent: 67	By car: 29	By plane: 36	2

Table 3

Children, by age, who reconnected to their alienated parent during the 4-day intervention at TPFF: 71[1] of 73

# of children age 5-7 3	# of children age 8 1	# of children age 9 5	# of children age 10 4	# of children age 11 7
# of children age 12 7	# of children age 13 8	# of children age 14-15 13	# of children age 16 14	# of children age 17 9
# of children age 18+ 2				

Table 4

Length of time of severed/severely damaged relationship with alienated parent

# of years: 1-2	# of years: 2-3	# of years: 4	# of years: 5

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[1] The two children who did not reconnect were siblings who had repeated, surreptitious, sabotaging contact with their alienating parent throughout the intervention. They did not reconnect because the treatment protocol had been violated, and therefore the treatment was not followed.

# of Children: 14	# of Children: 52	# of Children: 6	# of children: 1

Table 5

Time since departure from TPFF

Less than 90 days:	91 days - 1 year:	# of years: 1	# of years: 2	# of years: 3	# of years: 4	# of years: 5+
# of children: 2	# of children: 16	# of children: 15	# of children: 11	# of children: 10	# of children: 6	# of children: 13